

THE SPECTRUM

SACRED HEART UNIVERSITY FAIRFIELD, CONN

WEDNESDAY, MAY 1, 2019

REPORTING CAMPUS NEWS SINCE 1983

SPECIAL EDITION

FRESHMAN THROWBACKS



GRACE TURSO AND BRITTANY WELKES: SOCIAL WORK.



HELENA KIZILDAG AND TESSA KIELBASA: EXERCISE SCIENCE AND MEDIAARTS, RESPECTIVELY.



EMILY WALKER AND VICTORIA MESCALL: MANAGEMENT AND MEDIA ARTS RESPECTIVELY.

Commencement 2019

BY VICTORIA MESCALL

Editor in Chief and Senior Media Arts Major

Sacred Heart University Undergraduate Commencement 2019 will take place on Sunday May 12 at 10 a.m. at Webster Bank Arena in Bridgeport, CT.

The SHU class of 2019 includes 1,122 undergraduates who will have earned bachelor's degrees.

Entrepreneur, inventor and philanthropist, Brian Hamilton '87, will deliver the commencement address at Sacred Heart University's 53rd undergraduate commencement. He will receive an honorary Doctor of Humane Letters degree.

Sr. Rosemary Donley, professor, Jacques Laval Endowed Chair for Justice for Vulnerable Populations, at the Duquesne University School of Nursing, will also receive an honorary Doctor of Humane Letters degree at commencement.

Students should report to the assembly area on the first floor of the arena parking garage no later than 8:45 AM dressed in cap, gown and hood. Medals for academic excellence, which are distributed through the Dean's offices prior to the ceremony, should be worn with the cap and gown, including hoods, chords, and regalia.

The Sacred Heart University Commencement Committee authorized the use of cords and/or stoles that recognize students who have achieved academic honors or who represent the following programs and/or organizations: academic programs, honor societies, officially recognized student organizations, athletics and alumni.

All graduating seniors that will be wearing an international sash for graduation have participated in study abroad, service trips, or representing their country of origin.

Guests can enter through the front entrance of the arena. Tickets are required for guests to be admitted and students may request up to 6 tickets for their guests. The graduate does not need a ticket. Seating is not assigned. Open seating is available on a first-come, first-served basis.

The night before the commencement exercises, Commencement Mass will be held on Saturday, May 11, 2019, 5PM in the William H. Pitt Health and Recreation Center. Both graduate and undergraduate students and their guests are invited to participate. Line up for graduate and undergraduate students will begin at 4:30 PM in the bottom level of the William H. Pitt Health and Recreation Center.

Graduates should wear your gown and hood as you march in formal procession in this final community celebration of the Eucharist. For Catholics, this mass fulfills the Sunday obligation.

sacredheart.edu contributed to this article.



THE 2019 SACRED HEART COMMENCEMENT WILL BE HELD AT WEBSTER BANK ARENA.

The Busiest Semester of your Life: Senior Spring

BY GRAHAM O'DWYER

News Editor and Senior Communications Major

I remember when I was entering my senior year. It was weird because you knew it would be over soon, but you never really wanted to accept that fact. I was told by a few people who had done this graduation thing before that senior year was a tale of two halves. The first semester is busy, don't get me wrong, but there is typically less stress than the second semester of senior year.

That first semester most people are still enjoying college for what its worth and not thinking too much about the bigger picture. It's almost like a stage of denial. You know what is coming and when it will come, but you really just don't want to acknowledge it quite yet.

Second semester of senior year rolls around and then suddenly, it's crunch time. Think of it like game seven of NBA Finals or the Stanley Cup Playoffs; it's win or go home. Well, maybe not that dramatic, but most people will be going home after graduation.

The average second semester senior has a lot on their plate. Most of us are doing our best to balance the workload of our courses, internships or jobs, and applying to grad school and jobs.

For those trying to find jobs, good luck and hopefully most of those applications you send in at least get responses. Is it really that hard to send an email to applicants who get denied saying that you won't be moving forward with that person's application?! You'll realize that small things like that will frustrate you quite a bit once you get there.

Anyway, second semester senior year is a tough one. And I don't mean that just because it's busy. I don't need to lecture you all on how busy that semester is.

It's tough because, well, there a lot of people and places that you may never see again after you cross the stage. I think that reality starts to set in for most seniors over the final few weeks.

Whatever free time you get from school work, internships, or applying for jobs, try and spend as much of it with each other. That's advice for any rising seniors because I think the seniors this year did a pretty good job of that. Best of luck to all who are graduating!



O'DWYER STANDS WITH THE STANLEY CUP TROPHY AT HIS SENIOR INTERNSHIP WITH NBC SPORTS.

News

The Last Four Years of Pioneer Sports

BY DAN GARDELLA
Asst. Sports Editor

As the school year comes to a close, the class of 2019 prepares to graduate from Sacred Heart and enter the working world.

For some students, their journeys as student-athletes reach its end. For some teams, the seniors leave a legacy of success in their respective sports that they have built over the past four seasons.

Over the past four seasons, the Women's Basketball program has appeared in the Northeast Conference (NEC) tournament each season and appearing in the postseason three times, all of which in the Women's National Invitational Tournament (WNIT). Forward Katherine Haines finished her Pioneer career by becoming the thirteenth player in Sacred Heart's Division I program history to surpass 1,000 career points. Haines also recorded the program's first ever triple-double in a win against St. Francis Brooklyn on Jan. 19.

The football team captured the program's fourth NEC title in 2018 by finishing the season 5-1 in conference play, earning a share of the title. Senior running back Jordan Meachum rushed for a career-high 1,400 yards, including a program record 318 yards against Bryant on Oct. 27.

Men's Lacrosse appeared in three straight NEC tournaments, including two semifinals appearances. Seniors Max Tuttle and Joe Sagase will leave their last impression on the program as two of the most decorated players in the program's Division I history. Sagase is currently the program's all-time leader in career points while Tuttle sits third all-time.

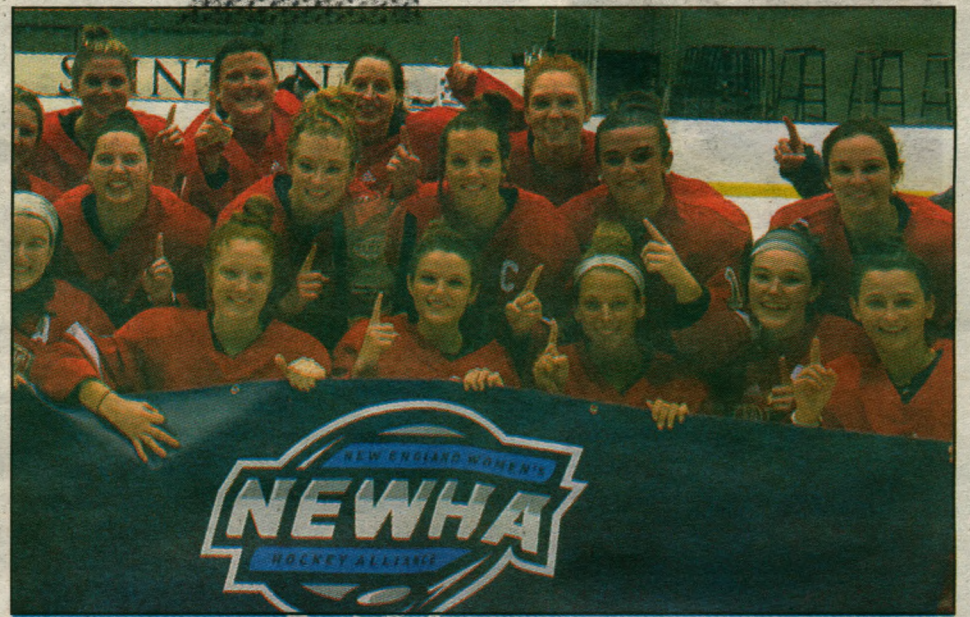
On the ice, the Women's Ice Hockey team captured the program's first New England Women's Hockey Alliance (NEWHA) championship in 2018 by beating St. Anselm. The championship capped off a 27-6-2 season. The senior class accounts for 79 total wins in their four-year careers.

The Bowling team concluded their 2019 season by earning a bid to the NCAA Tournament by claiming their fourth ever NEC Tournament championship by defeating Fairleigh Dickinson. In the tournament, the Pioneers knocked off Caldwell to advance to face off with top seed and defending national champion Vanderbilt. The team's season came to an end following losses to the University

of Nebraska and the University of Maryland Eastern Shore.

Women's Volleyball continued their consistent success in the NEC by appearing in three of the past four conference tournaments. In 2016, the team won the regular season title, finishing with a 13-1 record in conference play.

The Women's Outdoor Track and Field claimed three straight NEC Championships and is looking for their fourth straight title at the 2019 NEC Championship this weekend at Central Connecticut State University.



SACRED HEART ATHLETICS
WOMEN'S ICE HOCKEY TEAM WON THE NEW ENGLAND WOMEN'S ICE HOCKEY ALLIANCE CHAMPIONSHIP IN 2018.

De Ja New

BY NEIL GRASSO

Asst. News Editor and Senior Communications Major

If you picked up a copy of our editor's issue early last fall, you might have noticed that my graduation date was set for 2020. Since I am currently writing in this issue, you can safely assume that my plans have changed.

Over this past winter break, I noticed that I had a chance to graduate early if I really applied myself this semester. It has been an absolute whirlwind to say the very least. After a semester filled with too many credits to count, enough homework assignments to fill a village, and the stress of the usual extracurricular activities mounting week after week, I would be lying to you if I told you I wasn't a bit relieved to see this semester come to an end.

This year was a learning experience, and there is no doubt about that. I learned what I am truly capable of accomplishing when I manage my time and efforts accordingly. I learned the importance of staying on top of emails like a hawk, because some of those emails provided me with key opportunities that made this all possible. I also learned that I probably never want to have a sleep schedule like this ever again.

So now the big question – was it worth it?

Yes ... and no.

Admittedly, this answer is a bit of a cop out. I was able to save my parent's some money in the long run, which I view as a success. I was also able to test my own capabilities and see if I could manage a schedule that one professor described as "disturbing" when they saw it on paper. I also view that as a success. However, I have to say that there were some things I realized along the way that made this process a little less exciting.

First, I couldn't help but feel as though I was missing out on a true senior year. There were no senior pub nights, there will be no senior week, and there is no sense of panic to enter the real world among my closest friends, who will enjoy all of these experiences next year.

Then there were the moments that I wish I had back. The ones where tending to certain responsibilities for work, school, or extracurriculars weren't as important as making memories with friends. Hindsight may be 20/20, but that doesn't make the regret feel any better.

After that, there were all the moments I hope I never have to experience again, like the countless 4 a.m. nights doing homework, the days that I felt disconnected from those around me, and the times I had to explain to my friends why I couldn't do certain things because of the long, complicated list of other responsibilities that I had to tend to first.

These are the things I most certainly won't miss.

This is not to say I regret my decision. I just needed to express the things that made this semester tough. Maybe students that are looking to do the same in the future can reference this article to know what they have to expect if they attempt this process. That would be cool.

There is one final thing I learned throughout this entire process that gave me solace in the end. I realized I knew the answer to an even bigger question that I am inevitably going to be asked anywhere between two to three million times this summer: what's next?

I have absolutely, positively, one hundred and ten percent ... no idea.

That doesn't sound too comforting, but that's because this isn't all that I realized. I realized that the majority of people here, even those who have careers and families, aren't really sure what they want to be when they grow up either.

I like to think that that's because I am surrounded by people that are consistently looking to grow as professionals and, more importantly, as people. Sacred Heart has provided me with a place in which growth and development are encouraged in almost every aspect. I have been challenged as a student, as an athlete, as an employee, and as a friend in various

ways.

At my former university, I felt stuck, as if I was surrounded by an overwhelming cloud of complacency. At that time, I knew I needed something new, something that would invigorate me and propel me to new heights. But I wasn't exactly sure what that something was. It turned out to be Sacred Heart.

Now, as I sit here writing this article, I have the same feelings I did two years ago as I sat in my freshmen dorm room. But I'm in a much better position now than I was back then – and I have Sacred Heart to thank for that.

At Sacred Heart, during this semester from hell, I learned that students, professors, and faculty members alike all have to ask themselves "what's next?" on a pretty consistent basis. I also learned that knowing the answer to this question is not what is most important – it's knowing that you can be successful at whatever you do end up putting your mind to that counts.

Maybe I'll write for a newspaper.



SACRED HEART UNIVERSITY FAIRFIELD, CT
WEDNESDAY, APRIL 17, 2019 REPORTING CAMPUS NEWS SINCE 1983 VOLUME 42, ISSUE 11

FEATURED NEWS

BUMPS! SPIKE!
THE ALPHA FRANCHISE A PHILANTHROPY EVENT IN HONOR OF ALUMNI

The Parking Problem

BY NEIL GRASSO
Assistant News Editor

Sacred Heart University has altered their parking picking process after a law concerning motor vehicle issues was passed by the Connecticut General Assembly.

House Bill 05312, signed by former Connecticut Governor Dannel Malloy in June 2018, includes Act 15, which prohibits private property owners and houses, or their agents, from limiting parking spaces, designating emergency services on owners' vehicles parked on their property, including by written warning, posted signs, or any other means.

"This states legally that private property owners cannot make money by taking cars on their property. The law was made effective October 1, 2018."

As a result, Sacred Heart students have witnessed an influx of unregistered cars and illegal parking practices on campus over the past few months.

Senior Niall, a senior physical therapy major, was one of the first students to hear about the new legislation.

"I don't want to reveal the identity of the person who told me about this, but I will say that it was a Sacred Heart student," said Niall. "I was given this information early in the spring semester."

Niall expressed his concern for the increased number of both unregistered cars and instances of illegal parking, but strongly believes that the problem truly lies in the school's lack of parking.

The exact issues, "parking approach and regulations, we will be holding a parking garage in the south lot, which will add 250 new parking spaces."

Students have mixed feelings about the announcement.

"I've heard for four years now that we are getting a parking garage, and now suddenly we're getting one this May, which is going to cut out parking for students this summer while the construction is taking place," said Niall.

Other students were slightly more optimistic.

"I think the addition of the parking garage will be very helpful for the growth of the campus especially for seniors. Faculty and students will now have a better opportunity to find parking in a quick manner," said Katie Gallagher, a junior accounting major.

According to the act, the pre-existing law allowing private property owners and houses to rent or render inoperative (i.e., "boot") unregistered vehicles left on their property is still in effect after the signing of House Bill 05312.

Jack Fernandez, director of the Public Safety Command Staff, noted that the new legislation has forced public safety officials to take a different approach to parking enforcement.

"While the school has continued the same, the lack of fees has increased the number of violations," said Fernandez. "Solid warning warnings did not discourage violations. As a result we have implemented

Perspectives

She Said: Becoming Seniors



ERICA

I am (almost) a senior in college. Wow, I never thought those words would be coming out of my mouth so soon. Being a senior in college was always a thought that seemed so far in my future. I remember how it felt to be a senior in high school – it was so bittersweet. I was sad to leave my hometown friends but I was excited for the next four years of my college career. But being a senior in college feels very different, there is no definite plan for life after college. I could apply for jobs, I could go to grad school, I could move back in with my parents, or I could move out into my own place... the possibilities are all up in the air.

Going into my senior year of college I am making a point to live in the moment and enjoy every last thing that college has to offer me. I will enjoy my first and last Red's experience, I will enjoy cheering in my last football game, I will enjoy being able to live with my best friends, and I will enjoy every last tear I shed over leaving Sacred Heart.

As I approach my 4th year of college, I look back at all of the friendships I have created, both big and small. College

has introduced me to so many amazing people, and I will continue to keep these friendships strong so that they will last far beyond our senior year.

It seems like it was just yesterday that I was setting up my freshman dorm room in Merton hall. I remember that I couldn't wait to be an upperclassman and live in an off-campus house. But little did I know at the time, I would trade anything to go back to being a freshman in a cramped little dorm room. They always say that college is the best 4 years of your life, but you don't seem to realize it until it is almost over. So I plan to take in and experience every moment that comes my way my last year here at Sacred Heart. Here's to a senior year full of living in the moments of all the smiles, tears, goodbyes, and new beginnings.



GINA

With junior year ending, I guess it is time to finally admit that I am going to be a senior next semester. Okay, that is a little scary to say. I am starting to wonder, where did time go?

Going into my freshman year of college it felt like forever until I was going to be a senior. One phrase that I heard repeatedly from other seniors was, "enjoy your college career, because it goes by very quick." Although I did not understand how quick time goes as a freshman, I am starting to realize it now. As I say goodbye to this year's graduating seniors, I wonder how I am going to feel when I am in their position next year.

I remember like it was yesterday opening my acceptance letter from Sacred Heart and being thrilled that I got in. Now I am here writing a piece on how I feel about going into my senior year of college. Without a doubt, I can say that I have about a million different thoughts and emotions running through my brain. I met amazing people and friends at Sacred Heart, which makes me sad that in a year I probably won't be seeing them as often as I do now.



I think the scariest thought that runs through my head is the G-word: graduation. College has given me unforgettable memories that I will cherish forever and to think that my undergraduate career will be over in about a year is terrifying. In addition, I am shocked that the time to start applying for jobs or grad schools is almost here. I think one thing that makes me the most scared about senior year approaching so fast is the unknown of what I will be doing after graduation.

Although I do not want to be a senior quite yet, I am excited for the future and to have one last year with amazing people. Next year I will be sure to cherish every moment I have at Sacred Heart because I know it will be my last time doing things as an undergraduate. Although senior year will be a lot of goodbyes and tears shed, it is a time for a lot of new beginnings. I am excited for all our careers to start and for all of us to start to fulfill our dreams. Going into senior year I want to make sure that I give it my all and finish my Sacred Heart career strong with the best memories possible. Here is to the final year!

SENIOR YEAR BINGO

Jump in the Library Fountain	Sit on the Sacred Heart Sign	Pop Champagne	Decorate Your Cap	Take a Picture with the Red's Countdown
Steal a Red's Glass	Cry	Feel Hungover	Complain about how Expensive Senior Week is	Take a Picture with Dr. Petillo
Return your Textbooks	Buy a Graduation ticket on the black market	Graduate	Complain about Parking	Avoid Questions about post-grad life
Procrastinate	Be with Family	Drink	Complain about Freshmen	Say you wish you could go back to being a Freshman
Beg an Underclassmen to let you use their meal money	Skip Class	Wait in line for Senior Pub Night	Reminisce about Late Night Linda's	Call Sacred Heart your Home

Commuter Life

BY ROBERTO ROJAS
Asst. Perspectives Editor and Senior Communications and Media Arts Major

Throughout my four years at Sacred Heart, I've always looked at my time from a different perspective being a commuter. I had the privilege to have been given a wonderful education at a decent cost, without being able to leave my own city and my own state in the process.

Having gone to Notre Dame High School, I essentially spent the last eight years of my education around that area that borders Fairfield and Bridgeport, and honestly, I wouldn't have wanted it any other way. Despite the fact that I probably missed out on that "real college experience," I still feel grateful for all the memories and friends that I made during my time here.

I spent most of that time just working on the side and gaining real-world experience on what I'm studying, which I believe benefited me in a way, but I still feel a bit bittersweet because of all that I could have been a part of yet wasn't. But to tell you the truth, I'll become a Sacred Heart alumnus without any regrets.

Being apart of The Spectrum has allowed me to be a part of a group of people who are passionate about working in the media business, which is something that I am very grateful for. I hope to use that

experience to benefit myself in the future in whatever profession I want to get into.

Still, as I reminisce about the last four years, I will look into the nostalgic moments of what I've achieved, what I've been able to live through, perhaps under a clean slate that I can be proud of. I was able to save a lot of money, not having to pay any student loans whatsoever and being able to get into a situation where I hope to be financially stable, all at the age of 21.

It allowed me to explore my passions: to travel and enjoy my favorite sport, soccer. I figured that being able to use it to my advantage allowed me to be content in the situation that I am in today.

For anyone reading this who is a commuter or who will be an upcoming commuter, don't look at this as putting yourself at a disadvantage compared to other college students. Rather, be grateful for the opportunities that you have been given to get a well-deserved education at a discounted price. Spent your four years wisely and above all, make a lot of friends and a lot of lasting memories.

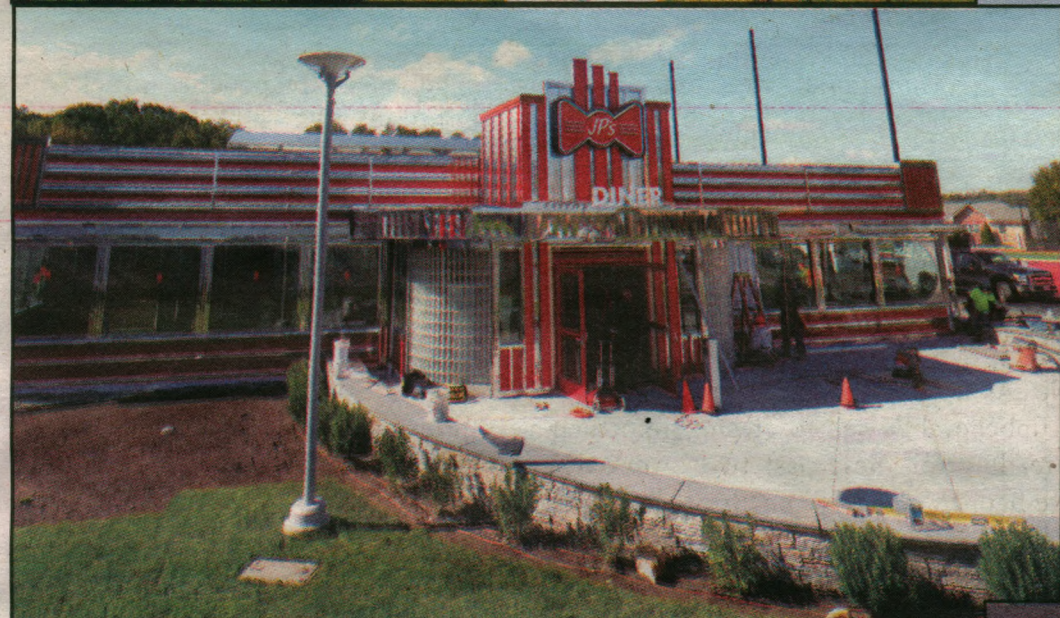
Features

Campus Expansion

BY TESSA KIELBASA*Photography Editor and Senior Communications and Media Arts Major*

When we started out as little freshman four years ago, campus looked very different from the way it does today. Take a look at all of the buildings that Sacred Heart has built or bought since we started.

From top left to bottom right: Bergolio Hall, WSHU and Public Safety, West Campus, the Upper Quad, JP's Diner, Toussaint Hall, Bobby Valentine Recreation Center, and CHE. Photos from Sacred Heart University.



meetTHESTAFF

EDITOR IN CHIEF
VICTORIA MESCALL
2019

MANAGING EDITOR – EDITORIAL
BRYANA CIELO
2020

MANAGING EDITOR – MULTIMEDIA
BRYAN KELLEHER
2019

COPY EDITORS
TYLER LASCOLA
2020

KEELY MCCARTHY
2020

NEWS EDITORS
EVAN DENNY
2019

GRAHAM O'DWYER
2019

ASST. NEWS EDITOR
NEIL GRASSO
2019

PERSPECTIVES EDITOR
GINA D'AMICO
2020

ASSISTANT PERSPECTIVES
EDITORS
ROBERTO ROJAS
2019

ERICA CONDON
2020

FEATURES EDITOR
STEPHANIE DOHENY
2019

ASSISTANT FEATURES EDITORS
SARA TERPAK
2021

LOUIS FREY
2020

ARTS & ENTERTAINMENT
EDITORS
STEPHANIE PETTWAY
2019

KRISTIN BURNELL
2019

ASST. ARTS & ENTERTAINMENT
EDITOR
ANTHONY DEL VECCHIO
2019

SPORTS EDITORS
RYAN TOUHEY
2019

MELANIE DASILVA
2019

ASST. SPORTS EDITOR
DANIEL GARDELLA
2021

PHOTOGRAPHY EDITOR
TESSA KIELBASA
2019

ASST. PHOTOGRAPHY EDITORS
ABIGAIL FRISOLI
2020

JUSTIN LOWE
2019

PUBLIC RELATIONS MANAGER
KAYLIN HUEY
2019

ASST. PUBLIC RELATIONS MANAGER
ANGELINA DINOTA
2020

ASST. WEB MANAGER
CAROLYN LISBOA
2020

ADVERTISING MANAGER
DOMINIC CAPORALE
2020

ASST. ADVERTISING MANAGER
CAROLYN LISBOA
2020

GRAPHICS EDITORS
ALLISON PLEZIA
2020

MICHELLE MILLER
2019

CIRCULATION MANAGERS
AMANDA DE LAUZON
2020

BRETT MALONEY
2021

FACULTY ADVISOR
PROF. JOANNE KABAK



VICTORIA MESCALL
EDITOR IN CHIEF

*It's not always what you
wanted, but it's exactly what
you needed.*

My freshman year of college was not the typical first year experience. I spent October through April on a team that took up all of my time and anxiety. While at home my uncle was battling cancer and slowly declining. He passed away on the first day of finals during spring semester, and his passing deeply affected my college career.

When I came back to school sophomore year, I was in a haze. I didn't realize how much the grief was affecting me. I also didn't realize that the friends I had made my first year of college were not the only friends I would make in college.

The thought that there was going to be a new class of students I would meet and befriend each year, never occurred to my grieving brain. I thought that freshman year was as good as college could get. But thank God I was wrong.

College was nothing like I expected it to be. So much has changed in the last four years that I almost don't remember what I was expecting. But I do remember all the goals I set for myself.

I always knew I wanted to join a sorority. I wanted to be an RA. And I wanted to major in Broadcast Journalism.

After a rocky first year, I wasn't sure how the next three years were going to go.

But when sophomore year rolled around, things began to look up. I met my best friend and little sister. I joined the newspaper. And I started doing CrossFit.

In November of that year I scribbled in my messy handwriting on an index card, and I taped it to my dorm room wall. And only then did it hit me what I had written: *It's not always what you wanted, but it's exactly what you needed.*

Life doesn't give you what you want. But you do find what you need.

I wanted a sorority little sister who liked everything I liked: pink, glitter, and excitement. I got one who likes rap music and sports, and she's exactly what I needed. Then I adopted two more who share in my passions and laughter. I ended up with three young women who have changed my life and forced my heart to grow three sizes bigger. They make me laugh, and they make me brave. And I would not trade the soccer games, guard performances, or Linda's dates for the world.

I wanted to be an RA and I became a Resident Success Assistant to the best residents I could ever ask for. I have had the opportunity to live and laugh with the most amazing students who challenge me and love me. And they have thoughtfully listened and learned about healthy relationships through my programs. And I know I have made a difference in their lives teaching them to always "Look out for each other."

I wanted to study broadcast journalism, and I'm graduating with a degree in journalism. I may have taken the print route, as the Editor in Chief of The Spectrum but I am now more well-rounded as a journalist. And SCMA has given me the most amazing experiences in classes and with professors in both print and broadcast.

I also got to be on Student Government, be a Panhellenic Recruitment Counselor, sit on the Panhellenic Judicial Board, represent my sorority on a Congressional Hill Lobbyist visit, interview celebrities like Jenna Hager Bush and Aly Raisman, and meet my best friends forever – all things I never knew I wanted, but definitely needed.

In the last four years I have found that not everything happens for a reason. But you can find purpose and meaning in everything that happens. And that it's not always what you wanted, but it's exactly what you needed.

Legacy of a Leader



BRYANA CIELO
MANAGING EDITOR

It's not everyday that we meet something who has the ability to truly lead.

Sure, a lot of people have been in positions where they have given the job of leading others, like the captain of a high school sports team. Now, I'm not knocking those positions – trust me. I was one. And I had a great time doing it.

But as I get older, and through my position as Managing Editor of The Spectrum, I've realized how much it takes to be the leader of something even bigger than that. I've never met someone so perfect for the job of Editor in Chief as our very own Victoria.

From behind the scenes, she's crazy in the most loveable way. She works hard, doesn't panic, handles things calmly, and holds people accountable. As a whole, our editors and PR team work together unbelievably well to create the paper that you've been reading for these past two semesters, and it couldn't have happened if it weren't for Victoria.

Coming into my first position on The Spectrum, I didn't have nearly enough confidence to do my job. I was pretty nervous. I had experience working in teams, writing, and editing, but I didn't want to mess it up. Victoria took all of us in, and she was patient and so willing to work with us as we adjusted and made mistakes. She sat down with us and fixed them. Even when we didn't listen, she was there to fix them anyway.

I don't know what I would have done without her here to guide me through the crises. She showed me that there was a way to deal with everything, even on the days when

I thought I had ruined the paper. (I haven't yet.) But I wouldn't have known the way to fix it if Victoria hadn't been there to guide me through it.

As I transition into my position as Editor in Chief next year, I know that I've learned from her every step of the way. I feel pretty confident in my ability to lead next year, which is 100% because of Victoria. I know that the job is tough, but I also know that she is tougher, which is what a true leader has to be: well versed, experienced, and courageous enough to take on the responsibility of being in charge of over 30 people. It takes a lot of hard work and sacrifice to be in charge of something this big, and she dedicated herself fully to the job.

I can't write this article without bragging a little bit: Victoria is headed to Syracuse where she was accepted into their very prestigious journalism program. She has worked harder than anyone I've ever seen and she deserves it so much. I am so proud to have worked with someone who is such a role model to me and has taught me more than I would have ever known – not only about writing and editing, but about leadership, courage, and teamwork.

Without her by my side, I don't know how I will be able to take on my new job next year. I'll be lucky if I can do it half as well as she did.

Her role and legacy here means a lot to The Spectrum as a whole, and I think I speak for everyone on our staff when I say that we are going to miss her more than words can express.

The editorial page is an open forum. Editorials are the opinions of the individual editors and do not represent the opinions of the whole editorial board. Letters to the editor are encouraged and are due by Sunday at noon for consideration for each Wednesday's issue. All submissions are subject to editing for spelling, punctuation, and length.

Letters to the editor should not exceed 600 words and should be emailed to spectrum@sacredheart.edu. The Spectrum does not assume copyright for any published material. We are not responsible for the opinions of the writers voiced in this forum.

Arts & Entertainment

Graduation Playlist

BY STEPHANIE PETTWAY

A&E Editor and Senior Communications and Media Arts Major

"Freedom" – Beyoncé feat. Kendrick Lamar

As this semester comes to close, we can say that we are Free. Free from our undergraduate years and moving on to our post-grad endeavors, whether they be more school, working, or doing whatever our free hearts desire.

"Came A Long Way" – Offset

We've come a long way. Simple as that. We went through many ups and downs, shed many tears, laughed many laughs, and stressed through it all. We now can finally say that it is over, and though the journey was long, we have grown so much.

"Show No Regrets" – Daniel Caesar

Speaking of coming a long way, we have done some questionable things throughout our years. As we look back and reminisce on it all, let's just hope nothing was too questionable or cringey, to the point that we regret it. I mean hey, at least it will make for an awesome story to tell down the line.

"Bahamas" – A\$AP Mob

For those of you who won't be preoccupied with working or grad school, I hope you enjoy your summer and soak up the sun in many exotic places, like the Bahamas. I envy you, but if you stressed nearly as much as I did this year, then I know it is well-deserved.

"Power On" – James Blake

One thing I will say to those who are still underclassmen, power on, and don't give up. Though I am at the end of the road, I will say that it was not always easy. Just keep pushing and keep going, but also remember to have fun. These years of some of the best of your life so make sure you enjoy them.

"Work" – Rihanna

Now it's time for my fellow peers who, like me, will be working, and working, and working. To those who have secured a job already, congratulations and good luck, and to those who are still looking and waiting and interviewing, good luck as well. I wish you all the best.

"No Tears Left to Cry" – Ariana Grande

We know that commencement is an emotional time, and though we will have the urge to cry, it may be hard to do so because we will have no tears left because of all the crying we did these past 4 years, and during all of the days leading up this.

"Congratulations" – Post Malone feat Quavo

Lastly, to all my fellow peers in the Class of 2019, let me say: "Congratulations! Look how far we made it!" I am proud of all of us and excited for all of our futures. I am so happy that I chose to come to SHU 4 years ago and am truly blessed to have crossed paths with so many great people. I am even more blessed to call some of them my friends. I wish you all the best and once again, CONGRATS!

The Red's Effect

Take a peak at flashbacks from student government sponsored Senior Pub Night. Cheers to the class of 2019. Photos courtesy of Sacred Heart.



Finishing Strong and Staying Confident

BY ANTHONY DEL VECCHIO

Asst. A&E Editor and Senior Communications and Media Arts Major

To the graduating seniors, if you can remember back to your senior year of high school – which is crazy enough as it is realizing we're about to finish school again – then you probably remember a feeling like the one you have now. It's a feeling of accomplishment and transition, yet surrounded by the unknown and doubt. Being able to finish the year the way you started it can be difficult for some seniors, but staying strong and confident has never been more important.

Now I'm sure this isn't a big problem for some. Since I took AP courses early in high school, I had already been used to a college work load. But sometimes, too much work is just too much work, and guess what? After this there's more work, and it's up to us to be ready for the challenge.

Right now is no time to slow down. I'm sure none of us are masters of time management and I know we all fall prey to those moments of senioritis and procrastination, but don't let it knock you out of sync.

Finals are also still a thing, just in case you forgot, and "confidence is key" does sound cliché at first, but in the end there's nothing truer.

The same goes for those of us that are more certain than others about the future: people who have a grad school picked out or a job lined up immediately after school, as well as those like myself, who are still looking and waiting.

We must remind ourselves to be and stay confident. Finding that gray area between confidence and cocky is hard enough for some. Just remember the strength it took to get out of your comfort zone before.

When you're walking through the doors of a new, unknown university or job, meeting new faces and making new connections and experiences, don't forget to step back from

the craziness every once in a while and realize how special of a time this really is.

Remember that with every bit of stress, we only get closer to our goals, and that doesn't require growing gray hairs and studying until four in the morning every night.

Even with the end seemingly closer than ever, there are still many that just need to hear these words. As friends and classmates of one another, remember that we are not alone and sometimes just being there for someone can make a world of difference.

With a strong support group, time management, organization, a healthy dose of confidence and happiness, and eyes set on the future, your path can only lead to success.

Everyone has different ways of going about things and there's no perfect way to graduate college, but we are graduating and nothing can stop it now; that's the important thing.

If you still find yourself not as together as you had hoped you would be and you start getting down on yourself, remember patience. Life can come at you fast or slow and we must be ready no matter what.

Having patience and persistence are two things that are easier said than done, but who else but you can get it done? Don't let life come to you, you find one for yourself and make it what you want to be.

We've learned a lot over these last four years, about our areas of study, about ourselves as people, and about the world that is constantly changing around us, and now we must learn to start over again.

It is the beginning of a new chapter in our lives and now it is up to us to turn the page. Remember the past, keep these memories and friends made in college in your heart forever, and above all, never give up.

Sports

SHU Sports: A Year in Review

BY RYAN TOUHEY

Sports Editor and Senior Communications and Media Arts Major

The 2018-19 Sacred Heart athletic calendar began on Aug. 17, when the women's soccer team took on Iona College at Park Avenue Field, in a 3-2 defeat.

They would go on to lose their first seven games of the season, before winning their first one on the road against Saint Peter's, 6-0. The team would go on to win four more games during the season, which included three conference games, to finish their campaign 5-13 overall and 3-5 in conference play.

The men's soccer team also finished 3-5 in conference play during their campaign, while going 4-12-1 overall. The graduating seniors ended their collegiate careers with a 2-1 overtime victory against St. Francis Brooklyn at Park Avenue Field on Nov. 2.

Women's volleyball opened their season in Chestnut Hill, Mass, with a 3-0 victory over Providence. The team went 17-10 during the regular season and 9-5 in conference play, earning them the right to play in the NEC Tournament. They defeated top-seeded LIU Brooklyn, before falling to Bryant in three sets in the championship game.

Field hockey began their season on Aug. 25, defeating Lock Haven in Bethlehem, Pa, 3-2. They started their season by winning four of their first five games. They then dropped five of their next seven.

The team would earn conference wins later on in the season against Bryant and LIU Brooklyn and would qualify for the NEC Tournament. They lost to Monmouth in the quarterfinals, 7-1.

The football team began their season with a 35-6 victory at Campus Field against Lafayette on Sept. 1. After winning their first three games, they dropped their next three, before going on another three-game win streak.

After a 28-24 loss to Duquesne on Nov. 10, the team won a share of the NEC Championship with Duquesne on Nov. 17, when they defeated Saint Francis, 13-7.

The cross-country teams also began their season on Sept. 1, where they competed at the Stony Brook Season Opener. The men's team would finish in sixth out of eight places in their NEC Championship race, while the women's team finished third in their race.

Sept. 1 was also the opening date for women's rugby, who went 11-14 overall and 7-5 in conference play.

The golf teams opened their fall seasons in early to mid-September. Men's golf opened at the Tiger Intercollegiate, where sophomore Saptak Talwar finished in a tie for 13th

with 219 points. Women's golf opened at the Dartmouth Women's Invite on Sept. 15 and finished their fall slate with a second-place finish at the SHU Spring Invite.

Both ice hockey teams opened in October. The women's team went 20-8-4 overall and 9-4-3 in conference play. They lost to Franklin Pierce in the New England Women's Hockey Alliance semifinals, 3-2. Men's ice hockey went 16-17-4 overall and 15-13-3 in conference play. Their season ended with a loss to Rochester Institute of Technology in the Atlantic Hockey quarterfinals.

The fencing teams opened on Oct. 28, at the Big One Invitational in Northampton, Mass, where four fencers earned medals.

The basketball teams opened their season in early November. The men's team went 15-17 overall and 11-7 in conference play. They lost to LIU Brooklyn in the NEC Quarterfinals on March 6, 71-62. The women's team went 19-13 overall and 14-4 in conference play. They defeated Wagner in the NEC Quarterfinals and lost to Saint Francis U in the Semifinals. They competed in the WNIT, where they lost to Georgetown 90-59.

Wrestling began their season on Nov. 4, at the Tiger Open in Princeton. They'd go on to have their best start to a season in program history. They went 3-2 in their first five matches, before going 2-5 in dual matchups.

Swimming and diving went 6-1 during the regular season and finished in sixth in the NEC Championships. In equestrian, Hunt Seat qualified for the National Hunt Seat Championships. Western placed fifth at the Semifinals at Florida State University.

Men's volleyball was under the direction of first-year head coach, Robert Bertucci. The team went 5-16 overall and 3-11 in conference play.

The bowling team went on to win the NEC Championship and advanced to the NCAA Tournament, where they knocked out the defending champions, Vanderbilt, in the quarterfinals. They'd end up losing to Nebraska and the University of Maryland Eastern Shore to be eliminated.

The men's lacrosse team went 9-5 overall and 4-2 in conference play. They will play Hobart in the NEC Semifinals on May 2. Women's lacrosse went 2-13 overall and 1-5 in conference play.

Baseball, softball, rowing, and track and field are all still wrapping up their seasons.

How Being a Student-Athlete Prepared Me for the Real World

BY MELANIE DASILVA

Sports Editor and Sports Communications Major

For as long as I remember, people have always told me that being a student-athlete will help me after graduation when I am applying for jobs. I have always been told that being a student-athlete is impressive to many businesses. In my resume and cover letters, and also in interview opportunities, I should lead off with the fact that I was a student-athlete in college.

Why is this such an impressive factor to employers? Well through the grapevine I have found out that employers associate college athletes with the same traits they are looking for in prospective employees.

Going through four years as a student-athlete I can say that it has definitely prepared me for the real world and I understand why it is such an impressive trait for employers to take note of. Being a student-athlete is like having a full-time job and also attending school at the same time. Managing hours of practices, meetings, lifts, and games along with going to class and figuring out a time to do homework is extremely difficult. Even though it was hard I would not have traded in the past four years since it prepared me for the working world.

Being a student-athlete means that you have to be mentally tough. There are a lot of failures when it comes to being an athlete, sometimes more than we want there to be, but we always move on and continue to compete. Student-athletes learn to be mentally tough even on days they don't feel their best. As an employee, this can be translated into someone who can be counted on during any circumstances and employers love that.

Throughout my four years as a student-athlete, I learned that time management is extremely important. I don't think I would have passed my classes if I did not manage my school work effectively around my tough soccer schedule. Translating this into the work place will help me ensure that I get all of my work done and meet any important deadlines.

Student-athletes also tend to be leaders and are looked at as leaders whether they are right or wrong. To be a good leader you have to be confident and a strong communicator, and most athletes have these traits. Being a leader on a team can translate well into their future job because they have the potential to become leaders in their company.

Another trait of being a student-athlete that will help me after graduation is the fact that it made me a good teammate. Being a good teammate makes you a good coworker in any given workplace. The ability to work with other people towards a common goal was something we as student-athletes have learned to understand for the entirety of our playing careers. Being a good teammate means we are coachable, teachable, and respectful, and we have an attitude that the goals of the team are more important than our personal goals. That is why transferring this mindset into our future work place will not be a problem.

Most college students entering the work place do not actually have real employment experience, so it is hard for each and every one of us to step into the field quickly and easily. I am not here to say the only way you will land a job and be successful is if you were a student-athlete I am just saying that it is highly respected by employers. The character traits and experience a student-athlete has and develops in their four years of college translate well into the workplace and they will definitely prepare me as I graduate and apply for my first job and jobs ahead.



DASILVA PLAYED SOCCER FOR SACRED HEART'S D1 TEAM.

COURTESY OF MELANIE DASILVA

Senior Week Schedule

Wednesday, May 8, 2019

**Welcome to the Alumni Association BBQ
Chapel Quad @ 12PM**

**Hi Ho, Hi Ho, It's off to Senior Week we go!
Informational Session in the Edgerton
3PM & 5PM**

**The Magical World of Stonebridge
Stonebridge, Milford, CT
8:30PM**

Thursday, May 9, 2019

**Presidential Brunch
63's Dining Hall
11AM**

**To Mohegan and Beyond
Mohegan Sun, Uncasville, CT
5:15PM**

Friday, May 10, 2019

**Student Commencement Ball
North Parking Lot
7:30PM**

Saturday, May 11, 2019

**Family Dinner Dance
North Parking Lot
6:45PM**



PHOTO COURTESY OF VICTORIA MESCALL

**ON BEHALF OF THE 2018-2019 SPECTRUM EDITORIAL BOARD, THANK YOU FOR
READING THIS YEAR!**